

WHOLE GRAIN PASTA WITH ROASTED SWEET POTATO, ROASTED BROCCOLI AND BEANS*

Yield: 4 to 6 Portions

Ingredients	Amounts
Barilla Pasta, whole wheat twists	½ bx.
Black beans, canned, rinsed	6 oz.
Sweet potato, medium, diced	2 ea.
Broccoli, large, cut into florets	1 ea.
Olive oil	¼-½ cup
Salt	as needed
Ground black pepper	as needed
Oregano	as needed
Crushed red pepper	as needed
Feta, crumbled (optional)	½ cup

Method

1. Boil the pasta and drain.
2. Drain and rinse beans.
3. Preheat oven to 400°F. Toss sweet potatoes and broccoli with olive oil and roast on separate baking sheets until fork tender, approximately 20 to 30 minutes.
4. Mix all ingredients. Toss with olive oil and season to taste.
5. Top with crumbled feta.

Variation: Substitute your favorite roasted vegetables or beans. Use what is in season, on sale or at your local farmer's market.

Nutrition Information (per portion/serving)

Calories: 450 / Protein: 14 g / Carbohydrate: 58 g / Fiber: 9 g / Carbohydrate to Fiber ratio: 6.5
 Saturated fat: 3.5 g / Polyunsaturated fat: 1.5 g / Monounsaturated fat: 10.5 g
 Trans fat: 0 g / Sodium: 360 mg / Potassium: 600 mg / Added sugar: 0 g

**This recipe meets 6 of 7 HKHL Recipe Nutrition Goals for an entrée.*

Source: Auden McClure, as presented at the 2019 Healthy Kitchens, Healthy Lives® conference.
 Published with permission of the author. All rights reserved.